



# NEW YEAR'S RESOLUTION: QUIT FOR GOOD.

~ HELP WORKS ~

Every year, Tobacco  
Smoking causes  
480,000 deaths in the US

A white silhouette of the United States map is shown against a teal background. A hand from the right is holding a lit cigarette, with smoke rising from it and partially obscuring the bottom of the map.

480K



A CDC study found that people who used both **telephone and web-based** help to stop smoking were more likely to quit than people who used only phone or only web.

You can quit. For free help,  
CALL **1-800-QUIT-NOW** or visit  
**CDC.gov/tips**



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention